

LTCS BEST PRACTICE CATALOG SUBMISSION

Project Title: Special Integrative Resources In Treatment (SPIRIT) Group.

Function Category:

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PATIENT-FOCUSED

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ORGANIZATION

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STRUCTURES

Sub-category(s): Care of Patient

Heading: Programming

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Hospital: Metropolitan State Hospital

The following items are available regarding this Best Practice:

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Photographs

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Video Tape

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Drawings

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Manual

1. **SELECTION OF PROJECT/PROCESS AREA** (Describe how and why your team selected this project/process area for improvement.):

Treatment team is always looking for ideas to creatively help clients in their recovery and assist in their transition to less restricted environment.

2. **UNDERSTANDING EXISTING CONDITION WHICH NEEDS IMPROVEMENT**
(Describe the relationship of your project to your goals for improvement, and describe current process performance.):

MSH continues to try to provide more effective Bio-Psycho-Social-Rehab, and new modalities may increase the effectiveness of treatment already provided.

3. **ANALYSIS** (Describe how the problem was analyzed.):

A variety of new educational/therapy groups were considered for implementation based on available resources and population needs and abilities.

4. **IMPLEMENTATION** (Describe your implementation of the solution.):

This course is designed to help patients recognize the various culture and spiritual facets of their lives and evaluate the impact of these aspects on their mental and emotional well-being. Special emphasis will be placed on the relationship between a student's race, cultural and religion and that student's experience of mental illness. Respect for differences is also emphasized.

5. **RESULTS** (Demonstrate that an improvement has occurred as a result of the project/process area implementation.):

Numerous clients' have attended this "open" group at various stages of treatment and have communicated an appreciation for the unique and much needed topics. Frequently, during discharge interviews, clients state an increased awareness of ethnic, religious and social diversity. Subsequently, we feel the clients will incorporate their increased awareness into their lives out in the community.

6. **LEARNING** (Describe what the team learned and how they used those lessons to continuously improve the success of this Best Practice.):

It has been our experience at the Stepping Stones Program that "higher-function" clients have shown better participation with topics of a complex and sensitive nature such as are covered in this group. However, even 'lower functioning' clients have gained some benefits in this group.